

Supporting VISTA Member Wellbeing

Resources from the webinar for AmeriCorps VISTA leaders

VISTA Resource

VISTA Sponsor Handbook, www.vistacampus.gov/lessons/vista-sponsor-handbook-0

Other Resources

American Friends Service Committee, "How to Start a Mutual Aid Network", www.afsc.org/blogs/news-and-commentary/how-to-create-mutual-aid-network

Gallup Q12 Index

- www.gallup.com
- www.goalbusters.net/uploads/2/2/0/4/22040464/gallup_q12.pdf

International Institute for Restorative Practices (Bethlehem, PA), www.iirp.edu

Kay Pranis, "Circle Keeper's Handbook", www.edutopia.org/sites/default/files/resources/stw-glenview-circles-keeper-handbook.pdf

Mutual Aid Disaster Relief, "Collective Care is Our Best Weapon Against Covid-19", mutualaiddisasterrelief.org/collective-care/

National Wellness Institute, "The Six Dimensions of Wellness",

- nationalwellness.org/resources/six-dimensions-of-wellness/
- cdn.ymaws.com/members.nationalwellness.org/resource/resmgr/pdfs/sixdimensionsfactsheet.pdf

SimplyPsychology.com, "Maslow's Hierarchy of Needs", www.simplypsychology.org/maslow.html

Social Discipline Window, <https://www.iirp.edu/defining-restorative/social-discipline-window>

Tema Okun and Kenneth Jones, "White Supremacy Culture in the Workplace", www.thc.texas.gov/public/upload/preserve/museums/files/White_Supremacy_Culture.pdf